

Strategies to Prevent and Reduce Injury and Violence

Level of the Socioecological Model	Strategies
Individual	Practice common sense safety; older adults should exercise regularly and reduce tripping hazards ⁶ ; follow directions on medication/chemical labels ⁷ ; be safe at work; take breaks to stretch your muscles; get enough sleep. ⁸
Family/Home	Reduce potential hazards in the home; supervise children at home and on the playground ⁹ ; store medicines and chemicals in locked cabinets. ¹⁰
Clinical	Offer counseling to prevent injuries ¹¹ ; learn about evidence-based strategies to prevent and to reduce injuries; collect and report injury data; cross-train home-visit staff to assist the elderly, individuals with disabilities and their caregivers, and low-income families with fall prevention measures. ¹¹
Schools and Child Care	Establish a social environment that promotes safety and prevents unintentional injuries, violence, and suicide ^{12,13} ; maintain safe playgrounds, school grounds, and school buses; provide health, counseling, psychological, and social services to meet the needs of students ¹³ ; implement evidence-based healthful living curricula in schools. ^{14,15}
Worksites	Meet Occupational Safety and Health Act requirements to provide a workplace that is "free from recognized hazards that are causing or are likely to cause death or serious physical harm."
Insurers	Provide coverage for screening and anticipatory guidance for children and adolescents to reduce injury and violence. ¹⁶
Community	Support adoption of healthy, safe, accessible, affordable, and environmentally friendly homes ¹¹ ; inform older adults, people with disabilities, and housing and health care professionals about eligibility and coverage in existing home modification services and products (e.g., Medicare and Medicaid) ¹¹ ; promote a community of violence prevention ¹⁷ ; support school-based and school-linked health services. ¹⁵
Public Policies	Enforce housing code requirements to prevent injury ¹¹ ; fund injury surveillance and intervention ¹⁴ ; create a statewide task force to prevent injury and violence ¹⁴ ; fund injury prevention training for health professionals ¹⁴ ; enforce housing and sanitary code requirements ¹¹ ; promote policies that ensure gender and social equity to prevent violence ¹⁷ ; provide funding to support school-based and school-linked health services and achieve a statewide ratio of 1 school nurse for every 750 middle and high school students. ¹⁵

⁶ 29 U.S.C. §654.